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- STEP, BUMP, QUICK STEP, ROCK STEP, BACK, BACK, COASTER STEP**
- 1 - 2 Step right foot forward slightly diagonal right (weight even on both feet), shift weight and hips to the right
- & 3 Step left foot slightly forward, step right foot forward even with left foot
- 4 - 5 Rock forward on left foot, shift weight back onto right foot
- 6 - 7 Pop right knee as you slide back on left foot, pop left knee as you slide back on right foot
- 8 & 9 Step back on ball of left foot, step on ball of right foot next to left foot, step left foot forward
- STEP, SPIRAL WITH STEP, SIDE MAMBO STEP CROSS, ROCK SIDE, ROCK BACK, LOCK TRIPLE STEP FORWARD**
- 10 - 11 Step right foot forward, keeping feet in place wind body 3/4 to the left (to the left) with weight to the left foot (legs will be crossed)
- /For styling: lift left foot then replace while turning into a cross step remembering that this is done in 1 count**
- 12 & 13 Rock to right side on right foot, shift weight to left foot, cross step right foot over left foot
- 14 - 15 Rock to left side on left foot, rock back on right foot
- 16 & 17 Step left foot forward, lock step right foot forward left of left foot, step left foot forward
- STEP, 1/4 PIVOT, STEP TOGETHER, FREESTYLE FOR 4 COUNTS**
- 18 - 20 Step right foot forward, pivot 1/4 to the left (to the left) shifting weight to the left foot, step right foot next to left foot
- /For styling: use Latin hips with these 3 counts**
- 21 - 24 Free style, do what you want for 4 counts keeping feet together (weight will be even)
- /Suggestions: 2 hips circles to the left, bump hips right twice then left twice, snake right, snake left**
- LOOK, LOOK, SLOW PIVOT LEFT, SWEEP, SWEEP, CROSS STEP BEHIND, STEP SIDE**
- 25 - 26 Placing hands down at sides turn head only and look to right side, holding position turn head only and look to left side
- 27 - 28 Continue looking in that direction and pivot body in 2 counts 1/4 to the left (to the left) shifting weight forward on to left foot
- /To make this simple, shift weight right then left making the 1/4 turn. For styling incorporate a body roll**
- 29 - 32 Sweep right toe around and cross over left foot, sweep right toe in front of left foot to right side and back slightly maintaining balance and making this movement as smooth as possible, cross step right foot behind left foot, step left foot to left side

**REPEAT**